

FIVE STAR NEWS

Barrhead & District Social Housing Association



February, March, & April 2023 *FREE

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

~Albert Einstein

Treasure the love you receive above all. It will survive long after your gold and good health have vanished.

~Og Mandino

If I Had My Life To Live Over

**I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern
If I weren't there for the day.**

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have taken the time to listen to my grandfather ramble about his youth

I would never insist the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

There would have been more “I love you’s”

...But mostly, given another shot at life, I would seize every minute....look at it and really see it.. live it... and never give it back.

Stop sweating the small stuff. Don’t worry about who doesn’t like you, who has more, or who is doing what. Instead, let’s cherish the relationships we have with those who do love us.

Let’s think about what God HAS blessed us with and what we are doing each day to promote ourselves mentally, physically, emotionally, as well as spiritually. Life is too short to let it pass you by. We only have one shot at this and then it’s gone.

I hope you all have a blessed day.

~Erma Bombeck





Getting to know your Neighbor.



Emmy Brouwer

Birthday: September 20, 1946

Years living at BDSHA: Emmy moved to Hillcrest Lodge in 2018. She moved to a newer room in 2021.

What do you like best about living here: Emmy really likes that there is always someone to talk with. If you come down to the dining room you will always find someone to have a conversation with.

Hobbies: Emmy really enjoys reading and writing. In the summer you can find her outside taking care of the many wonderful plants she grows.

Something you might not know about me: Emmy was born in Holland and eventually moved to Canada in 1991



Levis Rondeau

Birthday: November 10, 1935

Years living at BDSHA: Levis has lived at BDSHA for almost 15 years now. She moved into Pembina Court in 2009, she then moved to Jubilee Manor in 2016, then later made the move to Hillcrest in 2019 and has lived in both the older and newer sides of the building.

What do you like best about living here: Levis loves everything but really enjoys the music and entertainment. There are so many friendly and nice people that live and work here.

Hobbies: Levis enjoys doing puzzles and crafts. In the summer she loves to spend her time outside in the garden and plant flowers

Something you might not know about me: Levis loves sewing and is very talented at it. She has made grad dresses, beautiful wedding and bridesmaid dresses, as well as almost all of her kids clothes.

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**Eleanor Carlton**

**Birthday: January 13, 1945**

**Years living at BDSHA: Eleanor moved into Klondike Place in April of 2021**

**What do you like best about living here: Eleanor really enjoys the friendship and security of the building.**

**Hobbies: Eleanor really likes reading and doing crosswords.**

**Something you might not know about me: Eleanor really enjoys music. Music is always playing in her room.**





### **Irene Craft**

**Birthday: January 18, 1942**

**Years living at BDSHA: Irene moved into Golden Crest in 2017. In 2021 she decided it was time to make a move over to Hillcrest.**

**What do you like best about living here: Irene really likes how friendly everyone is that lives or works in BDSHA.**

**Hobbies: Irene really enjoys puzzles. You can find her across from her room most days working on one. She also enjoys talking on the phone.**

**Something you might not know about me: Irene was born and raised in Barrhead. She has lived here all her life.**

**\*Dawn, Resident Services Manager will be contacting Residents to be featured in the next Five Star Newsletter.**

## **Staff of BDSHA**



**Name:** Amy Caldwell

**Birthday:** May 24

**Years at BDSHA:** 14 years in April.

**What do you like best about working here:** Amy loves visiting with the seniors. She likes the staff and the variety of her duties in the maintenance department.

**Hobbies:** Amy loves dancing, theater, and skiing in her free time.

**Something you might not know about me:** Amy is deathly terrified of worms!

**BDSHA thanks you for your service Amy!**





**Name:** Iris Hernandez

**Birthday:** April 14, 1986

**Years at BDSHA:** March will be 2 years.

**What do you like best about working here:** Iris loves cleaning the residents' rooms and the appreciation she gets from the residents when their rooms are cleaned.

**Hobbies:** Iris loves cooking, gardening, spending time with her family and attending church on Sundays.

**Something you might not know about me:** When Iris returns to her home town in El Salvador, she enjoys hiking and snorkeling.

**BDSHA thanks you for your service Iris!**



**Name:** Darline Woycechowsky

**Birthday:** September 12

**Years at BDSHA:** 29 years in September!

**What do you like best about working here:** Darline loves to make everyone happy and smile. She loves all the hugs from residents and truly enjoys the all the staff and residents.

**Hobbies:** Spending time with her grandkids, cooking, sewing and gardening.

**Something you might not know about me:** Darline loves doing home renovations. Getting messy, dirty, and tearing down walls are her favourite.

**BDSHA thanks you for your service Darline!**

**\*Jaime in HR will contact BDSHA staff members to be featured in the next Five Star Newsletter**

# REPORTS



## Administration

### Updates from the Board

**There was a board meeting on January 24<sup>th</sup>, 2023. Some highlights from this meeting were:**

- **Board motion to purchase a new John Deere Utility Tractor (with a bucket). This will allow maintenance to better maintain the parking lots in the winter.**
- **Board Motion to approve the purchase of a new floor scrubber.**
- **Many policies have been amended or updated and some new policies have been approved.**
- **Prices were sought for a camera system. This could be an expensive endeavour, but the board wishes to pursue it further.**

**Board Meeting Minutes are posted on a bulletin board at the front of Hillcrest for anyone that wishes to take a look.**

**There have been many changes made to seniors housing legislation, and BDSHA has had a busy month updating all of our paperwork to reflect these changes.**

**Bid Packages have been released for two separate projects:**

**Utility Door Replacement- James and Della Roach Park Manor**

- **Funding Provided as part of a federal grant.**

**Suite Renewals – Cabinet Replacement – Golden Crest Manor and Barrhead Community Housing**

- **This is funded by ASHC and it is part of an ongoing effort to renew many of the government owned properties. ASHC specifies the properties to receive this funding and the management body determines the units to receive renewal. We are hopeful that there is enough funding to complete cabinet replacements in two units in Golden Crest Manor and three Community Housing units in Barrhead.**

### **New Med Room**

**Work has been occurring to move the med room closer to the heart of BDSHA Operations. It will soon be located beside the new Activities Office. We are hopeful that this should assist Home Care with providing better service to the residents.**

### **Resident Feedback**

**I have said this many times before.....**

**We want to provide the best possible accommodations and services for our Residents at BDSHA. To achieve this, constant resident feedback is CRUCIAL. I have heard many residents say that they don't want to complain, but that**

**doesn't help us to improve. If we aren't aware of problems, then we can't fix them.**

**Simply put..... If you have an issue with anything at BDSHA, WE WANT TO HEAR IT.**

**Feedback is best when it is put in writing. There are suggestion boxes located at the Front of Hillcrest and Klondike Place, and you can also drop a letter off at the front desk. Even a conversation with Dawn (Resident Services Manager) is helpful, because she will document any concerns and ensure they are addressed.**

**It is well known that there are issues with the new menu. We fully expected this. It wasn't going to be perfect right away and changes would be necessary. This will take some time though, so please be patient and continue to let us know when you enjoy a meal, or if you would rather not have certain items on the menu.**

### **Please Be Kind to Your Neighbours**

**BDSHA is comprised of several different properties. Many are attached through pedways and Links. This is a luxury that is sometimes taken for granted. The connection of Hillcrest, Golden Crest Manor, Jubilee Manor, and Klondike Place enables us to travel indoors to visit friends and participate in events and activities spread all over. It also allows our residents and tenants to walk the halls in comfort and exercise in the cold Alberta winter months.**

**Unless posted otherwise, every Resident and Tenant who resides at a BDSHA Seniors Housing Facility is permitted to**

**participate in events held in any building. There are no exclusive properties.**

**We would like to remind everyone to be kind to your neighbours. Whether they live in the same property, or down the hall in another one. While we understand that it is unrealistic to expect so many people with different personalities to interact without some issues, BDSHA will not tolerate any abusive behavior towards other residents or staff. There simply is no excuse or need for it.**

**If you have issues with other residents or staff, please report them to our Resident Services Manager, Dawn Price. As many of you already know, she is great at her job and will be more than happy to work with you to solve any conflicts peacefully.**

**I wish everyone the best, and hope you are able to stop in for a visit sometime. My door is always open and I will always make time for a chat with our seniors or their families.**

**Tyler Batdorf  
CAO**

**Barrhead and District Social Housing Association**

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***As the income tax filing period approaches, some of you may not know that you can claim some services in the Lodge as medical expenses. The following is a list of some of times that you can claim:***

- food preparation***

- ***housekeeping services for a resident's personal living space***
- ***laundry services for a resident's personal items***
- ***activities (social programmer)***

***Please note that this only relates to residents whose income is sufficiently large enough that that they usually have to pay taxes. If you do not normally have taxable income, there will be no benefit to making a claim for medical expenses. If you think you might benefit from this, please see Su in the office to request a letter for your tax preparer.***

**Su Macdonald**

**Deputy CAO & Corporate Services Manager**







"How may I help you?"



## **Resident Services**

**Congrats to Zoie Parks for the promotion to Resident Service Aide and welcome to Tia Kochan to Reception, she is taking Zoie's place.**

**I hope everyone had a great holiday season, spending time with your loved ones. It was nice spending time with my family and just relaxing. As we end the busy season, we are now busy playing catch up on things that needed to get done.**

**Med pendants have been tested. There were some that needed replacing, some that would not work, and others just needed a new battery. There were some residents who were not around for testing so please if you have not had**

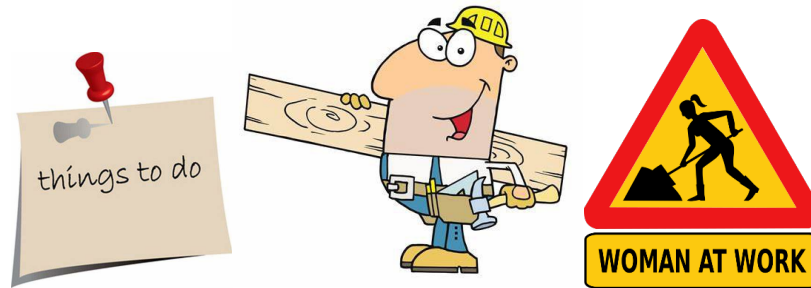
**your med pendant tested, contact the office so we can make sure they are working well. It is important to know they are working.**

**We have now completed the Tea and Topics with all buildings. There were many concerns brought to us that we will be looking at. Each concern was heard and taken to the proper department. It was great to see so many people that came to meet with us. Meeting with the residents is really one of the best parts of my job. I like to know how people are feeling and I really do like to help in anyway I can. Call the front anytime and talk with Zoie or myself.**

**Dawn Price - Resident Service Manager**



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## **Maintenance and Grounds Department**

**Winter is in full swing, and it has come with a variety of different outside temperatures. The maintenance department has been responding to calls regarding temperatures in their rooms. A friendly reminder to all residents is to have patience with the heating systems. All rooms are heated with water, and it takes time for the thermostats to respond if you are increasing or lowering the temperatures of your room.**

**Maintenance has been trying their best to keep sidewalks as safe as possible for everyone utilizing some of the nice January temperatures we are currently experiencing. There are some icicles that are forming and melting from the tops of the roofs. Please use caution when walking by these areas.**

**We have been busy renovating a room for the home care staff. It will be much more functional for the staff and a lot closer to the main area for better access for all residents.**

**With days becoming warmer some residents have been opening windows during the daytime to enjoy some fresh air. Please remember that it is still below freezing temperatures and that windows must be closed and locked over night.**

**With the fluctuating weather over the next couple of months, vehicles are not always having to remain plugged in. Please remember to keep extension cords inside your suite or vehicle when not in use to avoid theft or damage.**

**A friendly reminder about work orders. As maintenance staff, we are always more than happy to stop and chat about any concerns you may have and will answer any questions that we are able to. However, it is still important to contact the office for any repairs or work as we sometimes get busy and forget to come to your suite. It also helps us to remember work completed throughout the day.**

**Maintenance and Grounds Team**

**From all of maintenance staff please enjoy the remaining winter season!**

**Darrell Schonknecht – Maintenance and Grounds Supervisor**







## **Housekeeping & Laundry Department**

**Hello Everyone!**

**Our annual cleans (Hillcrest and Klondike Place) will be starting the first week of February, we will be sending out notices 24 hours in advance so you know when we will be coming. When we do our annual cleans, we will also be defrosting refrigerators to clean them out, a reminder will be sent out with your 24-hour notice.**

**Let's talk about recycling! Recycling Joe comes out twice a month to empty the recycling and take away what we have collected. The time in between, it is up to us to keep that area clean. While housekeeping does tend to it daily, we also need help from our residents. By following these guidelines, you can help us make this an easier process.**

- 1. We do not recycle glass, no pickle jars, jam jars, peanut/nut jars, or cheese whiz jars, it goes in with your garbage please.**
- 2. Cardboard needs to be put with your garbage, we do not have a recycling program for it.**

**3. Please recycle plastic only if it has a number 1-7 and the recycling symbol on the bottom, any other plastic is garbage. We do not recycle plastic bags, clamshells, plastic cups, plates, or cutlery. If it does not have a number, please throw it in the garbage.**

**4. We do not recycle Styrofoam.**

**5. Please do not throw food aluminum cans (tuna, beans, canned meat) in with the pop cans. They are not recyclable, they are garbage.**

**6. No garbage of any kind should be put in the recycling. The recycling gets sorted through by Recycling Joe and it can be a messy job. Please throw out your garbage in your room and housekeeping will pick it up.**

**This is what the symbol on the bottom of your plastic container will look like, if it does not have one of these symbols, it is garbage.**



**Thank you for all your cooperation!**

**Housekeeping and Laundry Team**

**Jennifer Daniels - Housekeeping Supervisor**



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## **Dietary Services**

**We'd like all residents to say high to our new staff: Darrah Bakker and Les Besler, and congratulations on Elizabeth Amsbaugh becoming the new evening shift.**

**\*We have been receiving your feedback and have been altering the menu/recipes to better cater to our residents.**



**\*We hope all residents are feeling the love in the air and are getting excited for Valentines Day, we will be having a special meal on Feb 14, 2023 lunch.**

**\*The kitchen appreciates the resident's patience during our implementation of the new menu.**

**Kitchen staff wishes all the best for the residents in this coming new year**

**Dietary Team**

**Donovan George-Dietary Supervisor**





Crabby Road

Crabby Road





## **Activity Department**

**We would like to thank everyone for the beautiful Christmas cards and treats, we appreciated them!**

**Thank you to ALL who submitted a recipe from December 1<sup>st</sup> thru December 31, 2022. We drew names and the winners were Wendy Kientz from Golden Crest and staff member Jackie Craig.**

**We want to finish this project and have it available for sale this Fall just in time for Christmas! This is the last call for contributions. Please submit your recipes for main dishes, dessert, salads, pastries, preserves, kitchen hints, original poetry, or artwork for this project by April 1, 2023, Thank you.**

### **Plants and Baskets Fundraiser**

**Order from February 1-23, 2023. Order forms are available from the Center Rec Room or the Activity Department. All of the information is Available in the Center Rec Room. The proceeds from this fundraiser will go towards NEW or Replacement raised gardens and gardening supplies. Thank you for your support. If you have any questions about this fundraiser, please see the Activity Department.**

## **Collecting Donations – February 1- February 28 2023**

**We have set up two donation containers for the following:**

**\*All Wheel Park – naming rights for Doctor Brent Wray, a local group is raising funds to have the All Wheel Park named after Doctor Brent Wray for his contributions to the community of Barrhead. If you wish to leave a donation please place it in the donation container at Reception.**

**\* Barrhead Rotary Music Festival- The music Festival has been in our community for over 40 years. If you wish to leave a donation, please place it in the donation container at Reception.**

### **Reminders:**

**\*Please come to Activities on time. If you come late, please be patient while we get re-organized and find additional chairs, equipment, dab your bingo numbers, find supplies etc. Thank you.**

**\*Please NO loud visiting during Piano, choirs, youth performances, worship services, etc. Loud conversations disturb everyone around you and the volunteers who come to provide for your listening enjoyment. If you have company/visitors, please consider going to your room to visit or in any one of the common area lounges that are available. Events such as these are an hour in length, thank you for your patience and understanding.**

**\*Personal Plants in the common areas. Residents and tenants are welcome to have personal plants in the common areas. If your plants need watering, repotting etc. this is your responsibility. Plants will be removed if they appear neglected, dead or abandoned.**

**Enjoy everyday! Participate where you can! Do what you love! Learn something new! Make each day count!**

**Activity Department Team**

**Shelley Oswald- Activity Manager**







**May you have.**  
**The gladness of Easter,**  
**which is Hope.**  
**The promise of Easter,**  
**Which is Peace.**  
**The spirit of Easter,**  
**Which is Love.**



